



*"The Little Nurse
for Little Ills"*

Helpful

Household Hints

First Aid to the Injured
Health and Beauty Hints
Sick Room Suggestions
Medicine Cabinet Essentials
Points of Law
Useful Information
Weights and Measures
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KEEP THIS BOOK IN A HANDY PLACE

Do You Know?

That over 200,000,000 packages of Mentholatum have been sold since The Mentholatum Company was formed in 1889.

That Mentholatum is used by the people of every leading country in the world.

That it takes four large factories—in Wichita, Kans., Buffalo, N. Y., Bridgeburg, Ont. and Slough, England—to supply the demand for Mentholatum.

That the antiseptic and healing ingredients for Mentholatum come from Japan, Formosa, Australia and our own U. S. A.

That all these ingredients are of the finest quality obtainable and are brought together in factories that are absolutely sanitary and sunlit throughout.

That no human hand touches Mentholatum in the process of manufacture, packing or shipping.

That Mentholatum is an effective and safe remedy, containing Menthol, Camphor, Boric Acid and other medicinal ingredients carefully blended in a base of special high grade petrolatum. It is free from dangerous properties and has been widely approved and recommended by the medical profession.

That the medicinal qualities of Menthol and Camphor applied externally are antiseptic, analgesic and local anesthetic. The action of Boric Acid is disinfectant and absorbent and it is also considered invaluable as an unirritating antiseptic. The combination is most efficient in various forms of congestion and local inflammation.

That for more than a quarter of a century Mentholatum has been prepared by the Mentholatum Company, and every genuine package bears the signature, A. A. Hyde. Avoid imitations.

That absolute satisfaction is guaranteed

If you are dissatisfied in any way with Mentholatum after using it return the package to your dealer. We authorize him to repay the retail purchase price and we will refund to him the full amount.

We will gladly mail additional copies of this booklet to any of your friends. Send us their names and addresses.

Mentholatum

First Aid to the Injured

First—Call a Doctor.

Keep cool—don't get excited. Make the patient comfortable, and encourage him all you can.

If he is in a faint or fit, loosen clothing. Lay flat on back, raising feet higher than head. Fan freely and put cold water on the face and chest. Camphor, ammonia or smelling salts, held near nose, often revive.

If vomiting, turn head to one side.

If unconscious, don't put anything in mouth. Water or stimulant may cause choking. Unconscious persons cannot swallow.

If conscious, cold water frequently revives and refreshes if given slowly in sips.

Apoplexy—Stroke of Paralysis.—Do not give stimulants. Loosen clothing. Elevate the patient's head and apply cold cloths. Keep the body and feet warm.

Foreign Bodies in Eye.—Pull the upper lid downward away from the eyeball over lower lid and release.

Burns and Scalds.—Cover with cooking soda and lay wet cloth over it. Whites of eggs and olive oil. Olive or linseed oil, plain or mixed with chalk.

Lightning.—Dash cold water over person struck. Perform artificial respiration.

Fainting.—Place flat on back; allow fresh air and sprinkle with water.

Shock.—If faint and cold, give stimulant in small doses, once in fifteen or twenty minutes and secure warmth by external applications and rubbing.

Bleeding from Wound.—If from an artery, stop the current of blood to the wound by putting a compress or cloth pad over the artery. Fasten it firmly by a handkerchief or bandage which may be tightened by twisting in a stick as a binder. The location of the artery can generally be determined by the throbbing sensation. If from a vein, apply pressure directly over the wound or by exposure or application of cold water. Perchloride of Iron may be applied with cloth or lint. Keep the part elevated.

Wounds.—The part should be properly cleansed of all foreign matter, the edges brought together and fastened with strips of plaster; apply anodyne solution, give stimulant, laudanum with brandy, if necessary.

Bruises.—Apply tincture of arnica; keep well covered and warm with witch hazel.

Poisoned Wounds.—From a bite of animals treatment should be prompt. If possible suck the wound thoroughly two or three minutes; cauterize with either nitric acid, chloride of zinc or nitrate of silver, use whiskey freely internally.

Stings of Insects.—Apply spirits of ammonia.

Poisons.—General Directions—Give an emetic as soon as possible; tablespoonful of powdered mustard in a tumbler of warm water, or twenty grains of ipecac after vomiting give freely of warm drinks.

First Don't touch a wound with your finger.

Aid Don't put an unclean dressing over a wound.

Don'ts Don't move a patient unnecessarily.

Don't fail to remove false teeth or other things from the mouth of an unconscious person.

Don't wash wounds.

Don't have a tourniquet on over twenty minutes without loosening.

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For Cuts and Bruises
Mentholatum



Mentholatum
Vapor Treatment



For Chapped Lips and
Hands - Mentholatum



After Shaving
Mentholatum

How to Use Mentholatum

Burns and Scalds.—Apply Mentholatum freely at once to the injured parts and cover with a soft linen cloth. Renew the dressing as required.

Bruises.—When the skin is broken, first wash thoroughly with hot water until all dirt and blood are removed. Then apply Mentholatum and bandage firmly with a soft clean cloth. A cooling, soothing sensation results. The dressing should be renewed occasionally until completely healed.

Nasal Catarrh or Head Cold.—Rub the forehead and temples well with the finger-tips until the skin is in a glow and then apply Mentholatum. Apply also between the eyes and a little in each nostril. Do this each night, and in advanced cases once or twice during the day also.

Special Vapor Treatment.—Mentholatum may be used in a "Croup Kettle" or a part of a teaspoonful may be put into a bowl of near-boiling water. Inhale the fumes through a paper cone. Keep the water at or near the boiling point and renew the supply of Mentholatum when the strength is gone.

Chilblains.—Apply Mentholatum freely before going to bed and rub in thoroughly. The feet should be kept warm and dry.

Cuts.—First cleanse thoroughly with hot water to remove all danger of infection. Then bring the edges of the wound as closely together as possible, apply Mentholatum liberally and bandage with a soft clean cloth.

Eczema Itching.—To relieve the itching of Eczema apply Mentholatum freely to the affected parts every night before retiring. Renew the treatment as required.

Insect Stings.—Apply liberally with Mentholatum. For severe stings, first wash with hot water saturated with cooking soda.

Neuralgia.—Massage the affected parts freely with Mentholatum.

Shaving.—Before lathering, massage the face lightly with Mentholatum. Then apply lather in the usual way and shave. Just enough oil and medicinal ingredients will be left on the skin to cool and soothe. If the skin is very tender a little additional Mentholatum applied after the shave is valuable. When Mentholatum is used after shaving remove excess oil with a hot towel.

Sore Eyelids.—For inflamed and granulated lids, anoint eyelids just before retiring at night. The eyes should be kept closed for several minutes as Mentholatum causes the tear ducts to open freely.

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Health and Beauty Hints

The influence of good health on the general appearance is well-known. The very first aids in promoting and preserving good looks are fresh air, plenty of drinking water, sleep, wholesome food and proper exercise.

Care of the Skin. The daily bath is a necessity. At night a warm bath with plenty of soap cleanses the pores and proves refreshing, while in the morning a cold plunge or shower will tone one up.

Care of the Hair. The hair should be shampooed at least once every two weeks. Use pure castile soap. Do not rub the soap directly on the hair but first make a lather in your hands and apply it to the scalp. If the hair is oily, the scalp should be massaged frequently to aid circulation. The same treatment applies when the hair is too dry. In the latter case, a little warm olive oil may be rubbed into the scalp.

Care of the Eyes. The eyes should be washed frequently, by means of an eye cup, with a solution of Boracic Acid. To eliminate wrinkles around the eyes, apply skin food, allow it to remain 20 minutes and then apply a mild astringent lotion.

Care of the Teeth. The teeth should be brushed at least twice a day—In the morning and at night. Brush them up and down and not across. Dental floss should be used between the teeth. Have your teeth examined by a dentist every six months, so that any cavities may be taken care of before they become large.

Sleep. Always get eight hours or more sleep. The body uses sleeping time to overcome the damage and abuse it has received during your waking hours.

Meals. Eat well-balanced meals. Starches found in potatoes, macaroni and cereals should be balanced with less starchy vegetables, meat and fish,—if you wish to keep your natural weight and healthfulness.

Fruit. Oranges and lemons contain juices which if taken regularly will keep your skin free from pimples and other blemishes.

Cleanliness. Be clean. Remember each little pore of the body breathes just like your nostrils. If these pores are clogged, your system will rebel and sickness or other troubles will follow.

Worry. DON'T WORRY! The body reflects our thoughts. In anger the face flushes; in fear the skin becomes pallid. These are but two examples of how thinking affects our bodies. Worry will cause wrinkles, disability and even death. DON'T WORRY.

Exercise. If the mind is thinking happy thoughts there is no better exercise than sawing wood or sweeping floors. Each brings all the muscles of the body into play and thus keeps you young and supple.

Breathing. Breathe deeply. Remember the lungs are pumping stations which aid the body in throwing off attacking germs. Anoint the nostrils with MENTHOLATUM before retiring and you will be astonished at the freshness and life you will feel in the morning. MENTHOLATUM clears the nasal passage and allows deep, healthful breathing.

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Weights and Measures

TROY WEIGHT	24 grains = 1 pwt.; 20 pwts. = 1 ounce; 12 ounces = 1 pound. <i>Used for weighing gold, silver, and jewels.</i>
APOTHECARIES' WEIGHT	20 grains = 1 scruple; 3 scruples = 1 dram; 8 drams = 1 ounce; 12 ounces = 1 pound. <i>The ounce and pound in this are the same as in Troy Weight.</i>
AVOIRDUPOIS WEIGHT	27 11-32 grains = 1 dram; 16 drams = 1 ounce; 16 ounces = 1 pound; 100 pounds = 1 cwt.; 2,000 pounds = 1 short ton; 2,240 pounds = 1 long ton. 1 oz. Troy = 480 gr.; 1 oz. Av. = 437 1/2 gr.; 1 lb. Troy = 5,760 gr.; 1 lb. Av. = 7,000 gr.
DRY MEASURE	2 pints = 1 quart; 8 quarts = 1 peck; 4 pecks = 1 bushel.
LIQUID MEASURE	4 gills = 1 pint; 2 pints = 1 quart; 4 quarts = 1 gallon; 31 1/2 gallons = 1 barrel; 2 barrels = 1 hogshead. <i>Barrels and hogsheads vary in size.</i>
CIRCULAR MEASURE	60 seconds = 1 minute; 60 minutes = 1 degree; 30 degrees = 1 sign; 90 degrees = 1 quadrant; 4 quadrants = 12 signs, or 360 degrees = 1 circle.
LONG MEASURE	12 inches = 1 foot; 3 feet = 1 yard; 5 1/2 yards = 1 rod; 40 rods = 1 furlong; 8 furlongs = 1 stat. mile; 3 miles = 1 league.
MARINERS' MEASURE	6 feet = 1 fathom; 120 fathoms = 1 cable length; 7 1/2 cable lengths = 1 mile; 5,280 feet = 1 stat. mile; 6,085 feet = 1 naut. mile.
SQUARE MEASURE	144 sq. inches = 1 sq. foot; 9 sq. feet = 1 sq. yard; 30 1/4 sq. yards = 1 sq. rod; 40 sq. rods = 1 rood; 4 roods = 1 acre; 640 acres = 1 sq. mile.
SURVEYORS' MEASURE	7.92 inches = 1 link; 25 links = 1 rod; 4 rods = 1 chain; 10 sq. chains or 160 sq. rods = 1 acre; 640 acres = 1 sq. mile or section; 36 sq. miles (6 miles square) = 1 township.
CUBIC MEASURE	1,728 cubic inches = 1 cubic foot; 27 cubic feet = 1 cubic yard; 2,150.42 cubic inches = 1 standard bushel; 231 cubic inches = 1 standard gallon; 1 cubic foot = about four-fifths of a bushel; 128 cubic feet = 1 cord (wood); 40 cubic feet = 1 ton (shipping).

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Sick Room Suggestions

The Sick-Room should be kept scrupulously clean. In sweeping or dusting, a broom or dust brush covered with a dampened cloth should be used.

All foods and drinks should be covered, and slops and soiled clothing promptly removed.

The temperature of the room should be about 70-degrees Fahrenheit in the day time and about 65 degrees Fahrenheit at night. Ventilation is more important than heat.

When the patient awakens in the morning, bathe the face and hands, comb his hair, and cleanse his teeth.

Remind the patient to use the bed pan and urinal.

Bathe the patient's face, hands and feet and rub his back with diluted alcohol and powder it.

Straighten out the bed, ventilate the room, and see that his feet are warm.

Should the patient have a chill, take his temperature and promptly notify the doctor. Reassure the patient and apply blankets and hot water bottles.

In the case of hemorrhage from the lungs, send for the doctor and in the meantime extend the patient's arms as high as you can and place a tight bandage around the chest. Give the patient ice by the mouth and apply an ice bag to the chest, and heat to the feet.

In case of sudden pain in any part of the body, you can always safely apply heat, but for the head always apply ice.

In lifting a helpless patient out of bed, turn him on his side, lift his feet and legs out first, and then raise his body, the patient having his arms around the nurse's neck.

Never try to lift a helpless person up on the pillow without first flexing his knees.

In nearly all cases it is better not to awaken the patient in order to give him medicine or foods.

When a patient is on his back always lift his head slightly when giving him a drink, and he will not be so apt to choke.

Apply Mentholatum to the patient's lips and in his nostrils. It prevents lips from cracking and keeps the nostrils moist.

The most practical way of bathing the patient's feet is to have his knees flexed.

Blankets instead of sheets may be used when the patient perspires a great deal; he will not be so apt to get chilled as the blankets absorb the perspiration.

The air can be kept moist in the Sick-Room by placing a pan of water over the radiator, or by merely keeping it in the room.

Rule to Find Ideal Adult Net Weight

Multiply number of inches over 5 ft. in height by $5\frac{1}{2}$; add 110. For example: Height 5 ft. 7 in. without shoes.

$7 \times 5\frac{1}{2} = 38\frac{1}{2} + 110 = 148\frac{1}{2}$ lbs., Ideal weight.

If under 5 ft. multiply number of inches under 5 ft. by $5\frac{1}{2}$ and subtract from 110.

Example—Height 4 ft. 10 in.

$2 \times 5\frac{1}{2} = 11. \quad 110 - 11 = 99$ lbs., Ideal weight.

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Medicine Cabinet Essentials

Mark bottles plainly and keep each article in a regular place in the medicine cabinet.

Hot Water Bag
Fountain Syringe
Fever Thermometer
Eye Cup
Medicine Dropper
Teaspoon
Medicine Glasses
Corkscrew
Scissors
Tweezers
Sterilized Gauze
Absorbent Cotton
Adhesive Tape
Zinc Oxide Adhesive Tape
Bandages, several widths

Mentholatum
Tincture of Iodine
Lime Water
Witch Hazel
Glycerine
Castor Oil
Essence of Peppermint
Aromatic Spirits of Am-
monia
Alcohol
Milk of Magnesia
Powdered Boric Acid
Epsom Salts
Bicarbonate of Soda
Powdered Mustard

ANTIDOTES FOR POISONS.

First.—Send for a physician.

Second.—Induce vomiting, by tickling throat with feather or finger; drinking hot water or strong mustard and water, swallow sweet oil or whites of eggs.

Acids are antidotes for Alkalies, and alkalies are antidotes for acids.

Poisons	Antidotes
Acids. —Muriatic, Oxalic, Acetic, Sulphuric (Oil of Vitriol), Nitric (Aqua Fortis).	Soap-suds, magnesia, lime water.
Prussic Acid.	Ammonia in water. Dash water in face.
Carbolic Acid.	Flour and water, mucilaginous drinks.
Alkalies. —Potash, Lye, Hartshorn, Ammonia.	Vinegar or lemon juice in water.
Arsenic. —Rat Poison, Paris Green.	Milk, raw eggs, sweet oil, lime-water, flour and water.
Bug Poison. —Lead, Salt petre, Corrosive Sublimate, Sugar of Lead, Blue Vitriol.	Whites of eggs, or milk in large doses.
Chloroform. —Chloral. Ether.	Dash cold water on head and chest. Artificial respiration.
Carbonate of Soda. —Copperas, Cobalt.	Soap-suds and mucilaginous drinks.
Iodine—Antimony. Tartar Emetic.	Starch and water astringent infusions. Strong tea.
Mercury and its Salts.	Whites of eggs, milk, mucilages.
Opium. —Morphine, Laudanum, Paregoric. Soothing Powders or Syrups.	Strong coffee, hot, bath. Keep awake and moving at any cost.

Glue sandpaper on sides of bottles containing poisons. This will prevent using the wrong bottle, especially in the dark.

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Useful Household Hints

A tablespoon of ammonia to one quart of water makes a fine solution for sponging shiny spots on clothes. Use a thick wet cloth for pressing.

If your linen is scorched—apply peroxide.

To remove grease, use ether or chloroform.

To remove coffee stains, rub with glycerine.

To polish mirrors and glass after washing, crumpled tissue or newspaper makes an excellent polisher.

Grease spots on wall paper can be removed by rubbing with a piece of flannel dampened in alcohol.

Paint on clothing can be removed by saturating the paint spots two or three times in a solution of equal parts of ammonia and turpentine. Then wash with soapsuds.

To lengthen life of broom, dip into hot soapy water every few days. This saves your carpets too.

Piano keys can be kept clean and white by rubbing on a little alcohol with a cloth.

To remove uncooked fruit stains, soak in cold water.

To prevent new tinware from rusting, rub with lard and heat thoroughly in oven.

A ring left on clothing after cleaning with gasoline can be removed by steaming ring over teakettle.

Grass stains having been rubbed with lard will then come out in the laundry.

To open a fountain pen or remove from a jar a cap that sticks, wind a rubber band tightly about the part you wish to unscrew. This affords a good grip.

To close a door silently, around one door knob tie the corner of a handkerchief and tie the opposite corner to the knob on the other side of the door. This precaution will save many a sick person from annoyance.

To soften shoes. Shoes that have become stiff from being wet should be washed with warm water and then thoroughly rubbed with castor oil.

To remove the smell of fish from frying-pan, fill the pan with cold water, put in a good handful of old tea leaves, and let it come to a boil. This is much better than soda, and is more economical.

If rubber rollers of a wringing machine become sticky, as is often the case with wringing flannels, rub them with a rag moistened with paraffin, wipe dry and they will be equal to new.

To make boiled rice white, add a few drops of lemon juice to the water in which the rice is boiled.

If cheese is wrapped in a cloth moistened with vinegar, it will neither dry out nor mold.

An application of lemon juice and salt in a good sun exposure is an old and effective remedy for fruit and rust stains.

Tar or car grease: Rub well with plain lard, then wash with warm soap suds.

To remove ink stains, pour milk and salt over the mark and rinse; or, rub with oxalic acid and rinse.

To keep salt dry. The addition of a half-teaspoonful of corn starch will prevent salt from clogging in the sprinkler.

To clean straw hats. Rub the hat well with a lemon cut in half. Let the hat dry and then brush.

To sharpen dull files lay them in dilute sulphuric acid until they are eaten deep enough.

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Points of Law

Principals are responsible for the acts of their agents.

Contracts made on Sunday cannot be enforced. Written contracts concerning land must be under seal.

Notes do not bear interest unless it is so stated.

If a note is lost or stolen, the maker is not released if the consideration and amount can be proved.

Demand notes are payable when presented, without grace, and bear legal interest after a demand, if not so written.

An endorser on a demand note can be held only for a limited time, variable in different states.

To be negotiable a note must either be made payable to bearer or be properly endorsed by the person to whose order it is made.

If the endorser desires to avoid responsibility, he can endorse "without recourse."

Notes becoming due on Sunday or a legal holiday are, as a rule, payable on the day following.

A note made on Sunday, or one dated ahead of its issue, is void, but it may be dated back.

If a note is altered in any way by the holder it becomes void.

A note made by a minor is void in some states and is voidable on judicial decision in others.

A contract with a minor or a lunatic is void.

If a note is not paid when due, the endorsers, if any, should be legally notified to be holden.

A note obtained by fraud or given by an intoxicated person cannot be collected.

It is a fraud to conceal a fraud.

Signatures with a lead pencil are good in law.

The acts of one partner bind the others.

Each individual in a partnership is responsible for all the debts of the firm except in the case of a special partnership.

The word "limited" in connection with firm names indicates a limitation of responsibility for each member.

An agreement without consideration of value is void.

"Value received" should be written in a note, but it is not necessary. When not written, it is presumed by law or may be shown by proof.

A consideration is not sufficient in law if it is illegal in its nature.

An endorser of a note is exempt from liability if not served with a notice of its dishonor within 24 hours of its non-payment.

If a letter containing notice of protest of non-payment be put into the Post Office, any miscarriage does not affect the party giving notice.

Notice of protest may be sent either to the place of business or residence of the party notified.

A receipt for money is not legally conclusive.

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How to Use Mentholatum

Sprains.—Massage the affected parts gently with a free application of Mentholatum. After the inflammation is somewhat reduced, bandage with a clean soft cloth. Repeat the treatment as required.

Sunburn and Windburn.—Apply Mentholatum freely to the inflamed surface and bandage lightly with a soft clean cloth. One or two applications usually sufficient.

Chapped Hands.—Before retiring at night wash the hands well, dry and apply Mentholatum liberally, rubbing in with gentle motion until healing makes it possible to rub with strong massage motion. If Mentholatum is used regularly, hands will never get in chapped condition.

Tired, Burning and Aching Feet.—Soak the feet thoroughly in water, dry, and apply Mentholatum. Rub in well.

Nervous Headache.—Rub the forehead and temples gently with Mentholatum, using slow, restful motion.

Piles or Hemorrhoids.—Apply Mentholatum night and morning and especially after stool, first washing thoroughly with mild pure soap and warm water, and pat dry with soft absorbent cloth or cotton. N.B.—Keep the bowels open and regular, as this is very essential if permanent relief is to be obtained.

Poison Vine Itching.—Wash with warm water, dry, and then apply Mentholatum liberally.

Prickly Heat or Chafing.—Cover affected parts liberally with Mentholatum.

For Healthy Breathing.—Apply Mentholatum to nasal passages before retiring. This clears head and assures deep breathing necessary for healthful, refreshing repose.



For sunburn and windburn - Mentholatum



For Tired and Aching Feet - Mentholatum



For Headache
Mentholatum

Notice to Physicians

Emergency Strength Mentholatum

For Colds, Spasmodic Croup or Congestion.—In its present form Mentholatum is just right for most uses, but occasionally a physician may need an exceptionally strong chest application for severe cold or congestion. In such emergency a three ounce jar of Mentholatum melted and mixed with one ounce of turpentine will be found a most penetrating and effective preparation. Apply liberally to throat, chest and back, and cover with hot flannel cloth. Renew frequently and keep the flannels warm with hot water bag.



For Spasmodic Croup
Mentholatum

Mentholatum

Famous Explorer Praises Mentholatum

MARTIN JOHNSON

39 FIFTH AVENUE
NEW YORK

April 16, 1923

Mentholatum Company
Buffalo, N. Y.

Gentlemen:

Mrs. Johnson and myself have recently returned from a two years expedition in the heart of African wilds obtaining authentic motion pictures of "TRAILING AFRICAN WILD ANIMALS".

It may interest you to know that we were never without a supply of MENTHOLATUM and found it absolutely indispensable for insect bites and in fact almost every tropical ailment and same always received first call for first aid relief. I can safely say that it is the only preparation to my knowledge, that could possibly answer the many purposes that jungle and tropical hardships demand.

Upon our return from the inland to the border town Nairobi, British East Africa, we were surprised indeed, to find MENTHOLATUM on sale at the shop of an East Indian merchant. Its value in that region had evidently proven itself to even the natives

In appreciation, I remain,

Very truly yours.

Martin Johnson

Useful Information

To find diameter of a circle multiply circumference by .31831.
To find circumference of a circle multiply diameter by 3.1416.
To find area of a circle multiply square of diameter by .7854.
To find surface of a ball multiply square of diameter by 3.1416.
To find side of an equal square multiply diameter by .8862.
To find cubic inches in a ball multiply cube of diameter by .5236.
Doubling diameter of a pipe increases capacity four times.
One cubic foot of anthracite coal weighs about 53 pounds.
One cubic foot of bituminous coal weighs from 47 to 50 pounds.
One ton of coal equals two cords of wood for steam purposes.
A gallon of water (U. S. Standard) weighs $8\frac{1}{3}$ lbs. and contains 231 cubic inches.
A cubic foot of water contains $7\frac{1}{2}$ gallons, 1728 cubic inches, and weighs $62\frac{1}{2}$ lbs.

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Radio Distances Far and Near

	New York	Boston	Buffalo	Wash. D.C.	Atlanta	Chicago	New Orleans	Minneapolis	St. Louis	Dallas	Kansas City	Denver	Salt Lake City	Seattle	San Francisco	Los Angeles
New York	...	195	300	110	765	725	1195	1035	890	1395	1115	1650	1995	2440	2600	2480
Boston	410	405	960	865	1385	1145	1060	1575	1275	1790	2125	2530	2735	2630
Buffalo	...	410	...	300	705	465	1105	745	675	1215	875	1380	1720	2145	2330	2225
Wash., D.C.	110	405	300	...	560	610	985	940	725	1200	965	1510	1865	2360	2475	2325
Atlanta	765	960	705	560	...	595	435	920	475	730	690	1220	1595	2205	2160	1955
Chicago	725	865	465	610	840	365	270	810	420	925	1270	1760	1880	1765
New Orleans	1195	1385	1105	985	435	1065	610	445	690	1090	1445	2120	1945	1690
Minneapolis	1035	1145	745	1065	920	365	1065	...	475	870	415	700	995	1410	1605	1545
St. Louis	890	1060	675	725	475	270	610	475	...	560	245	800	1170	1740	1770	1605
Dallas	1395	1575	1215	1200	730	810	445	870	560	...	465	670	1010	1705	1505	1255
Kansas City	1115	1275	875	965	690	420	690	415	245	465	...	560	930	1520	1520	1370
Denver	1650	1790	1380	1510	1220	925	1090	700	800	670	560	...	380	1040	965	850
Salt Lake City	1995	2125	1720	1865	1595	1270	1445	995	1170	1010	930	380	...	725	615	600
Seattle	...	2440	2145	2360	2205	1760	2120	1410	1740	1705	1520	1040	725	...	720	1010
San Francisco	2660	2735	2330	2475	2160	1880	1945	1605	1770	1505	1520	965	615	720	...	365
Los Angeles	2480	2630	2225	2325	1955	1765	1690	1545	1605	1255	1370	850	600	1010	365	...

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Postal Information

Rates Effective April 15, 1925

First-Class Matter (Letters, etc.) 2c per ounce or fraction thereof.

Registration Fee (On letters and sealed mail matter up to \$50 value) 15c in addition to regular postage. Value \$50 to \$100—20c. Return receipt on registered mail—3c.

Second-Class Matter (Newspapers and Periodicals mailed by Private Parties) 2c for each 2 ounces or fraction thereof, up to 8 ounces. Over 8 ounces, mail as parcel post.

Third-Class Matter (Printed Matter and Merchandise in packages under 8 ounces) 1½c for each 2 ounces or fraction thereof. Books and catalogs of 24 pages or more, cuttings, bulbs, roots, scions and plants—1c each 2 ounces or fraction thereof.

Post Cards—Government Postal Cards—1c each. Private Post Cards (including souvenir cards) 2c per ounce or fraction thereof. **Except** Cards wholly in print and not bearing words "Post Card", "Private Mailing Card" or similar wording—1½c per each 2 ounces or fraction thereof.

Fourth-Class Matter (Merchandise and all printed matter above 8 ounces in weight) Zone rates as per table below plus 2c service charge on each package except those collected on rural routes. "Special Handling" (same despatch as first class mail) 25c per package in addition to postage and service charge.

PARCEL POST

Zone	Distance	1st lb.	Additional Lbs.	Weight Limit Lbs.
1	{ Local	\$0.05	\$0.01 at 2 Lbs.	70
	{ Within 50 Mi.	.05	.01 " 1 Lb.	70
2	50—150 Mi.	.05	.01 " 1 Lb.	70
3	150—300 Mi.	.06	.02 " 1 Lb.	70
4	300—600 Mi.	.07	.04 " 1 Lb.	50
5	600—1000 Mi.	.08	.06 " 1 Lb.	50
6	1000—1400 Mi.	.09	.08 " 1 Lb.	50
7	1400—1800 Mi.	.11	.10 " 1 Lb.	50
8	1800 and over	.12	.12 " 1 Lb.	50

Special Delivery. On first, second and third class mail—10c. On parcel post packages—less than 2 pounds—10c. 2 to 10 pounds—15c. Over 10 pounds—20c.

Special Conditions

Farm products such as butter, eggs, fruit, day old chicks and honey bees, are classed as Parcel-Post mail.

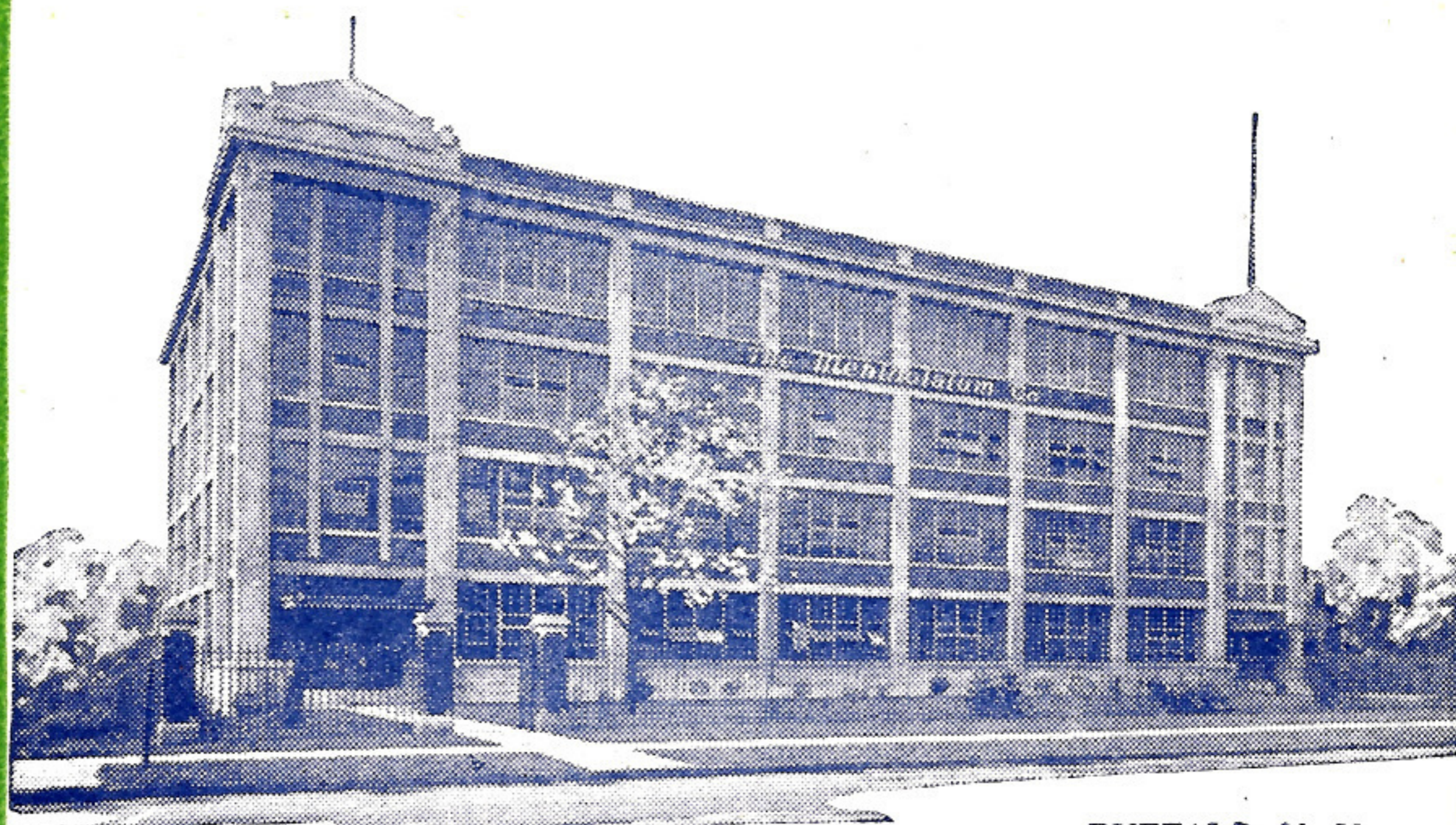
Parcel Post excludes matter of a character perishable within a period reasonably required to transport and deliver, and parcels of form and kind likely to injure postal employees or equipment or other mail matter.

Packages may be insured at the following rates:

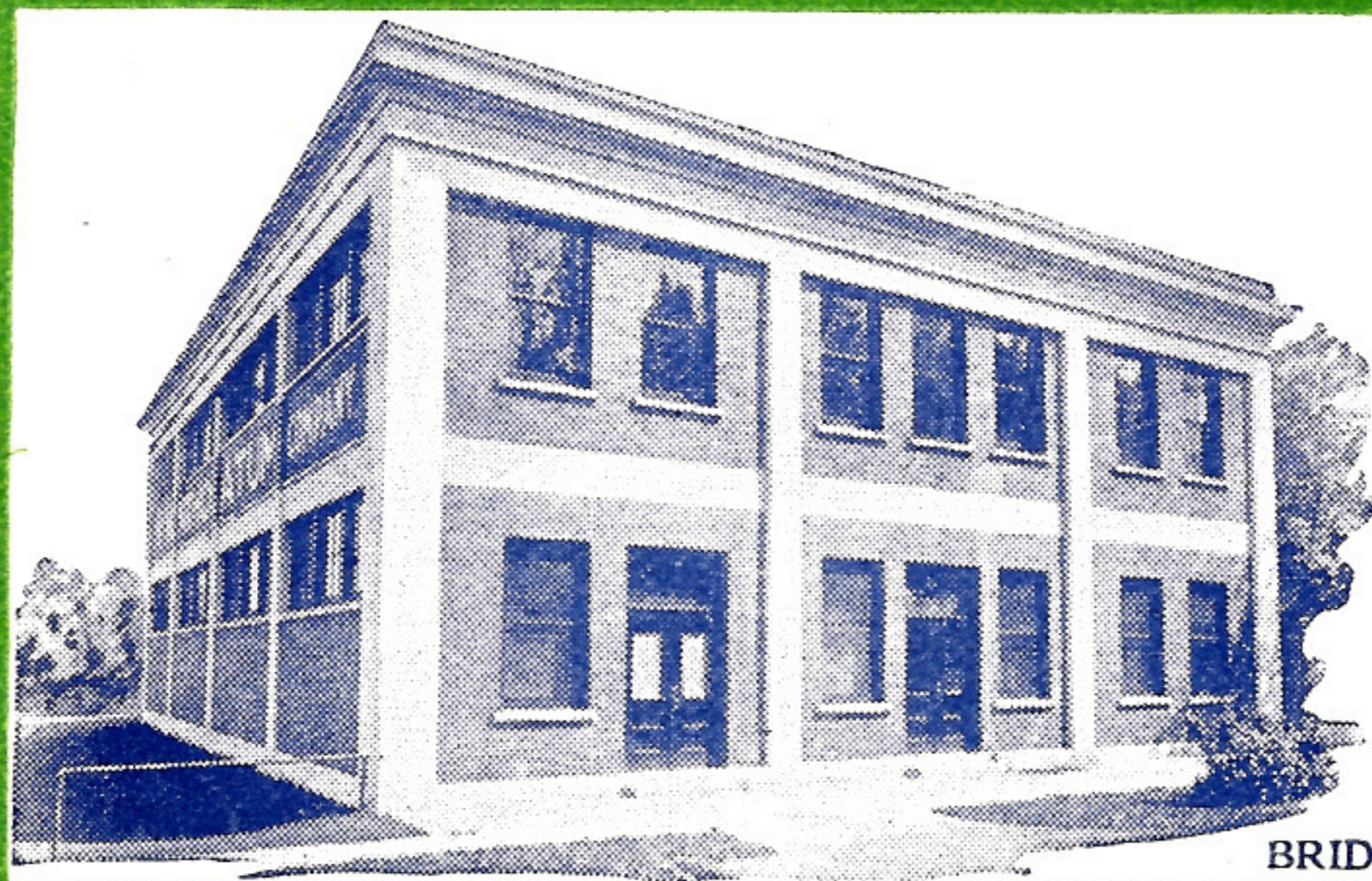
3c.	for value up to	\$ 5.00
5c.	" " " "	25.00
10c.	" " " "	50.00
25c.	" " " "	100.00

C. O. D.—Sender of parcel on which postage is fully pre-paid may have price of article and charges thereon collected on payment of 10c. additional if amount is not over \$50 and for a fee of 25c. when the amount to be collected does not exceed \$100 A. M. V.

Mentholatum



BUFFALO, N. Y.



BRIDGEBURG, ONT.



WICHITA, KANSAS

These three big plants are needed to supply
the demand for

M E N T H O L A T U M

Mentholatum



Use Mentholatum for

Clear Breathing
Clogged Head
Colds
Sneezing
Chapped Hands
or Lips
Burns and Scalds
Sunburn or Windburn
Nervous Headache
Eczema Itching
Shaving Rash

Piles or Hemorrhoids
Tired, burning or
aching feet
Insect Bites
Neuralgia
Cuts - Bruises
Chilblains
Catarrh
Sore Eyelids
Prickly Heat
Poison Vine Itching

*Mentholatum may be obtained from any
druggist or write for free sample ~*

THE MENTHOLATUM CO.
Buffalo, N.Y. Wichita, Kans. Bridgeburg, Ont



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